

Activities for Retirees

Classes begin the week of September 11 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

PYLE ADULT RECREATION CENTER

655 E. Southern (corner of Rural & Southern)
480-350-5211 www.tempe.gov/pyle

The Pyle Adult Recreation Center is a recreation facility for adults ages 18 and older. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, dance room, billiards room, card room and 6 meeting rooms. Facility hours are:

Monday-Thursday 8am-9pm, **Friday** 8am-5pm

Saturday 9am-4pm, **Sundays** Closed

Facility Closures-Holidays: November 10, 11, 23-25, December 25, January 1, 2007

PARTICIPATION & OBSERVATION:

- Minimum age requirement for the following activities is 50 years.
- Childcare is not offered.
- Observers and non-registered individuals including children are not permitted in classes or workshops.

Visual and Performing

Ceramics-See complete listing in *Activities for Adults*, pg. 19, for ceramics classes.

Drawing-Color/B & W-In this class, students will explore both black and white and color media of their choice. Emphasis will be on use of materials as they apply to still life, landscape, and portraiture. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. Instructor: Donna

3957 M 9/11-10/2 12:30-3:30pm \$20 PAC
 3207 M 10/16-12/18 12:30-3:30pm \$49 PAC

Painting Level I & Level II-A course in acrylic and oil painting. This includes design, composition, color theory, and basic painting techniques. Class requires additional materials. A list will be sent to students before 1st class. Please bring materials to the first class. Level 2 class requires previous experience. Instructor: Donna

Level 1
 3952 M 9/11-10/2 9am-12 \$20 PAC
 3212 M 10/16-12/18 9am-12 \$49 PAC

Level 2
 3953 Th 9/14-10/5 1-4pm \$20 PAC
 3213 Th 10/19-12/21 1-4pm \$49 PAC
 3954 W 9/13-10/4 1-4pm \$20 PAC
 3214 W 10/18-12/20 1-4pm \$49 PAC

Watercolor Painting-Emphasis is on technique, composition, and color. Class requires additional materials. A list will be sent to students before 1st class. Approximate cost of materials is \$40-\$45 depending on projects selected. Please bring materials to the first class. Instructor: Donna

3955 T 9/12-10/3 1-4pm \$20 PAC
 3228 T 10/17-12/19 1-4pm \$49 PAC

Exercise

Dance Exercise-Get your heart pumping as you move to choreographed routines to encourage flexibility, muscular strength and cardiovascular endurance. Fee based on no class on holidays, November 10, 23, and 24. Instructor: Wendy

3203 M/W/F 9/11-10/6 8-9 am \$21 PAC
 3205 M/W/F 10/16-12/22 8-9 am \$49 PAC
 3204 T/Th 9/12-10/5 10:15-11:15am \$18 PAC
 3206 T/Th 10/17-12/21 10:15-11:15am \$33 PAC

Stretch & Tone-Not exercised in awhile? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. Fee based on no class on holidays. Instructor: Wendy

3216 M/W 9/11-10/4 10:30-11:15 am \$28 PAC

3218 M/W 10/16-12/20 10:30-11:15 am \$35 PAC

3217 T/Th 9/12-10/5 9-9:45am \$28 PAC

3219 T/Th 10/17-12/21 9-9:45am \$33 PAC

Toners & Shapers-This class will strengthen and tone muscles and increase flexibility. Class consists of a warm up and stretch, strength training exercise, and a cool down stretch and relaxation. Fee based on no class on holidays. Instructor: Wendy

3226 M/W/F 9/11-10/6 9-10:15am \$38 PAC

3227 M/W/F 10/16-12/22 9-10:15am \$56 PAC

Qigong-Increase your flexibility in this class with breathing exercises, simple stretching, and relaxation. Instructor: Marcene

3215 M 9/11-12/18 10:30am-12 \$53 PAC

Chair Yoga-This beginning yoga class will increase flexibility and quiet your mind consisting of breathing, simple stretching exercises and relaxation. Nice complimentary class to Qigong. Instructor: Marcene

3202 W 9/13-12/20 9-10:15am \$53 PAC

Tai Chi I and II-This ancient exercise program consists of 36 individual memorized movements that help increase your balance and self-awareness. Gentler than yoga, this class is great for balance, memory and piece of mind. Pre-requisite for Tai Chi II is Tai Chi I. Instructor: Marcene

3222 I T 9/12-12/19 10-10:55am \$45 PAC

3956 II Th 9/14-12/21 10-11:30am \$53 PAC

Sign Chi Do-Join Carol Rogers, RN in the rhythmic repetitious practice of Sign Chi Do. Both your mind and body will get a workout as you strengthen your muscles while thinking about words and phrases that are transformed into movement to constantly stimulate your mind.

3967 M 9/11-10/2 7-8pm \$40 PAC



Watch for the Winter Brochure coming the week of December 5.

Dance

Line Dance-Learn patterns and rhythm for social or line dancing. More advanced dancing in various patterns using country and contemporary music in Levels 2 and 3. No partner necessary. Instructor: Fran

Level 1
 3208 T 9/12-11/14 1-1:55pm \$29 PAC

Level 2
 3209 T 9/12-11/14 2-2:55pm \$29 PAC

Level 3
 3210 T 9/12-11/14 3-3:55pm \$29 PAC

Tap Dance-Get fit while having fun! Learn the techniques, fundamentals, and basic dance steps for tapping your way to fitness. Instructor: Jenn

3223 INT W 9/13-11/15 10:30am-12pm \$23 PAC

Intermediate Dance Performance-This class is for retirees who are interested and willing to learn and practice various dance routines for performance purposes. Come and join the fun in a friendly, casual environment. Tap shoes and previous dance experience required. Instructor: Patty

3225 T/Th 9/12-11/16 8:30-10am \$40 PAC

General Interest

Social Bridge (Advanced)-Standard-American bidding; advanced play of the hand and defense; advanced conventions. Set-up hands to reinforce each lesson. Class is intended for beginning and intermediate duplicate bridge players. Bidding and play will be covered as well as duplicate bridge strategy. Instructor: Adele

3960 Th 9/14-11/2 12-2pm \$30 PAC

Social Bridge Supervised Play (Advanced)-Stresses play of the hand. Instructor will supervise hands dealt in class. Question-and-answer time and review of class lessons. Conventional bidding and responding to bids. It is recommended this class be taken in conjunction with Social Bridge Advanced class. Instructor: Adele

3961 Th 9/14-11/2 2-4pm \$30 PAC



Activities for Retirees

Mah Jongg-Come and learn the American version of playing the game Mah Jongg. This game of skill and chance will improve your memory and spark new friendships! Instructor: Mary Ann
3939 Th 9/14-11/2 1-3 pm \$27 PAC

Learn and Play-Do you enjoy games? Would you like to learn some new ones? Join the group and learn as you play! Instructor: Pat
3966 Tu 10/10-10/31 9:30-11:30am \$10 PAC

Weight Management through Hypnosis-Get slim and healthy! Hypnosis is a safe and gentle way to learn to control and modify your eating behavior. While enjoying the deep relaxation of hypnosis you will be given gentle suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Wear comfortable clothing and bring a pillow to class. *Please note new time.*
3102 50yrs+ Th 9/14-10/19 12-1:30pm \$44 PAC

PYLE SPECIAL EVENTS

Fall Tea
Thursday, September 21-- 2pm
\$10 RTA members, \$15 non-members
Registration Code: 3956
Take a step back in time as you take part in the time-honored tradition of an afternoon tea. Enjoy a variety of teas, tea sandwiches, and fancy desserts.

Holiday Art & Craft Boutique
Friday, October 27, 9am-4pm;
Saturday, October 28, 9am-3pm
Pyle Adult Recreation Center,
655 E. Southern Avenue, Tempe
This annual event is a great time to get a head start on your holiday shopping! There will be a variety of unique handcrafted items for sale. Free entertainment and sloppy joes, hot dogs and chili dogs will be available for a nominal fee. Craft vendors age 50 and older may purchase spaces for the boutique for \$20/table for RTA members, under 50 years of age and non-members \$30/table. Lottery registration for RTA members will be on Monday, September 11 at 8:30am, all others on space available basis on Wednesday, September 13. For more information, please call 480-350-5211.

Trick and Accuracy Casting Demo
Saturday, October 14-10 am
\$3 children and retirees/\$5 adults
Registration Code: 3964
Hey fishing fanatics! Come see Stan Fagerstrom, Hall of Fame Fisherman and World Class Bait Caster, demonstrate trick and accuracy casting. Stan will amaze you on his ability to hit various targets, and entertain you with his tricks all done with a closed faced reel. Sign up now as space is limited!

Nothing kills a good class quicker than waiting until the last minute to register. REGISTER EARLY!!!

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"Art with a Silver Lining: Creating a Legacy"
An exhibition of paintings and drawings submitted by the Pyle Adult Recreation Center retirees under the instruction of Donna Levine. 480-350-5211
Exhibition Dates: October 23-January 26, 2007
Opening Reception: October 26, 6pm-8pm
Gallery Location: 2nd floor of the Tempe Public Library, 3500 S. Rural Road, Tempe, www.tempe.gov/pkrec
Free admission

Cahill Senior Center 480-858-2420 Monday-Friday 8:30am-2:30pm

The Dennis J. Cahill Senior Center offers a fully equipped fitness room (schedule a free fitness orientation), computers with Internet access, billiards, fitness challenge, luncheons, classes, movies, and special events for ages 50 and over.
Weekly Activities Include:
Monday
TCAA Congregate Lunch12pm
BINGO*1pm
Tuesday
Needlework Club 10am-12pm
Wednesday
Conversational Spanish.....10am
New Release Movie..... 11am
Thursday
TCAA Congregate Lunch12pm
Friday
Special Event or \$2 Lunches 11am
BINGO*1pm
**Card sales begin 30 minutes prior to BINGO.*

Monthly Activities Include: Classes, trips and special events on various days of the month. Red Hat Ladies meet the first Wednesday of the month. Please refer to the Roadrunner Chronicle newsletter or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Association) for meal discounts, monthly newsletter and first priority in registration.

Special Events

Entertainment or themed activities often accompany special event Friday meals. Please register by the Wednesday prior to the event date. For additional information on the following special events and menus, please refer to the monthly Roadrunner Chronicle.

Breakfast & Bunco-Join friends for a delicious breakfast and a game of Bunco. Register by the Monday before each date. Each breakfast is \$3 for RTA members; \$4 for non-members.

3237	W	9/13	9am	CSC
3238	W	10/11	9am	CSC
3239	W	11/8	9am	CSC
3240	W	12/13	9am	CSC

Back to School Luncheon-Bring a picture of yourself from your high school days for a fun contest. Entertainment by Frank Mackey. Menu: Fried chicken, Cole slaw, mashed potatoes/gravy, roll and a cookie. Fee: \$4 for RTA members; \$5 for non-members.
3241 F 9/8 11am CSC

Oktoberfest-Enjoy an autumn meal of Bratwurst and kraut on a bun, potato salad, and apple pie a la mode for dessert. Entertainment by comedy team Kitch & Calli. Fee: \$4 for RTA members; \$5 for non-members.
3242 F 10/6 11am CSC

Thanksgiving Luncheon-Celebrate Thanksgiving with your friends and be entertained by the Orpheus Emeritus Men's Chorus. Menu: Roast turkey, dressing, mashed potatoes/gravy, vegetable, and pumpkin pie. Fee: \$5 for RTA members; \$6 for non-members.
3243 F 11/17 11am CSC



Holiday Tea-Pamper yourself and kick off the holiday season with a relaxing late morning tea. Sample a variety of teas and enjoy some delicate pastries and finger sandwiches while listening to beautiful harp music by Megha Morganfield. Fee: \$7 for RTA members; \$10 for non-members.
3244 F 12/1 11am CSC

Holiday Party-Enjoy some holiday cheer with a meal of spiral cut ham, sweet potato casserole, vegetable, Jello salad, and dessert. Entertainment will be provided by the Senior Songbirds. Fee: \$5 for RTA members; \$6 for non-members.
3245 F 12/15 11am CSC

Celebrate New Year's Eve-Enjoy a lovely hour sure to make you feel special and ready for the New Year. Fee: \$3 for RTA members; \$4 for non-members.
3246 F 12/29 11am CSC

Senior Activities

Fitness Challenge-Take the fitness challenge. Work out in our fully equipped fitness room at your convenience, record your work out and you'll be on your way to earning a reward. Call to schedule your fitness orientation (480-858-2420). Stop by the front desk to sign up for the Fitness Challenge today. Fee: None

Computer Classes

Please call 480-858-2420 for schedule information or check online: pkreconline.tempe.gov/eConnect. Fees range from \$2 to \$5.